

TRIATHLON

Start: Praia de Monte Gordo

Monte Gordo

The following information can change. Please check the modification on our website and directly at the Games Centre.

CATEGORIES: Reference date, 3rd July 2022

A: Under 35 years old

C: From 45 to 54 years old

E: From 65 to 69 years old

B: From 35 to 44 years old

D: From 55 to 64 years old

F: Over 70 years old

COMPETITION SCHEDULE:

Meeting at 7.30 am.

THURSDAY

8.00 am

PRACTICAL INFORMATION: 2 distances:

Briefing: Wednesday, July, 6th (7.00 pm) - Yellow Praia Hotel - Diogo Cão room

Olympic: 1500 m swimming + 40km cycling + 10 km Running

Sprint: 750 m swimming + 20 km cycling + 5 km running

*The race organized is a **DRAFT-LEGAL** (drafting) race:*

Athletes can draft (stay in a bunch, follow another athlete closely) during the cycling segment. However, it does allow the use of Triathlon bikes, time-trial bikes, disc wheels, tri-spokes, elongated aero helmets and clip on aerobars.

Transition area:



Running (red) and Swimming part (Blue):

Olympic distance: 2 laps swimming and 4 laps running

Sprint distance: 1 lap swimming and 2 laps running



Cycling (green):

Olympic distance: 6 laps

Sprint distance: 3 laps

